

HOW TO LIFT

NO!

YES!



- FEET TOGETHER
- ELBOWS OUT
- UNBALANCED
- BACK CURVED



- FEET PARTED
- BACK STRAIGHT
- ELBOWS TUCKED IN



- WEIGHT DIRECTLY OVER LEGS



- LIFT BY STRAIGHTENING LEGS

- GET HELP LIFTING HEAVY OBJECTS
- USE MECHANICAL LIFTING EQUIPMENT
- DON'T TWIST AND LIFT
- WEIGHT DIRECTLY OVER LEGS

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